

Department Of The Army Drug Free Workplace

Program

Substance Abuse Prevention
Program

USA Armor Center
Fort Knox, Kentucky

Home Of Mounted Warfare

DRUGS OF ABUSE

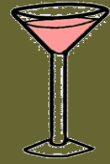


CNS DEPRESSANTS - Drugs
***that depress the overall
functioning of the Central
Nervous System (CNS) to
induce sedation, muscle
relaxation, and drowsiness*.***

**** "Uppers, Downers, All Arounders, 3rd Edition",
CNS Productions***



ALCOHOL



- ★ Alcohol is the MOST ABUSED drug.***
- ★ Alcohol is a Central Nervous System (CNS) depressant.***
- ★ Alcohol is considered to be a gateway drug to other drug use.***
- ★ A standard alcohol drink is considered to be:***
 - ⊠ One 12-ounce bottle of beer/wine cooler***
 - ▮ One 5-ounce glass of wine***



ALCOHOL



****Alcohol is also known as:***

- ▯ ***Juice***
- ▯ ***Sauce***
- ▯ ***Booze***
- ▯ ***Grog***
- ▯ ***Piss***

**** Some effects of alcohol are:***

- ▯ ***Slurred Speech***
- ▯ ***Blurred Vision***
- ▯ ***Loss of Inhibitions***
- ▯ ***Impaired Motor Skills***
- ▯ ***Nausea/Vomiting***
- ▯ ***Unconsciousness***





BARBITURATES



- ♦ *Barbiturates are prescription sedatives or tranquilizers.*
- ♦ *Barbiturates are multi-colored pills and tablets and are Central Nervous System (CNS)*

depressants that cause

drowsiness.

Downers

Sleepers

Stumblers

Barbs

Red

Devils

Rainbows

★ *Barbiturates are also known as:*

BARBITURATES

- ***Barbiturates are most often consumed to get “high”.***

- ***Barbiturates can cause:***

- ▮ ***Sleepiness***
 - ▮ ***Irregular Menstruation***

- ▮ ***Nausea/Dizziness***
 - ▮ ***Vertigo***

- ▮ ***Impaired Senses***
 - ▮ ***Coma***

- ▮ ***Lack of Motivation***
 - ▮ ***Death***

- ▮ ***Loss of Sexual Drive***

- ***Barbiturates are prescribed to treat***

- ▮ ***Anxiety***

- ▮ ***Depression***

- ▮ ***Epilepsy***

- ▮ ***Insomnia***

- ▮ ***Alcohol and Other Drug (AOD) Withdrawal***



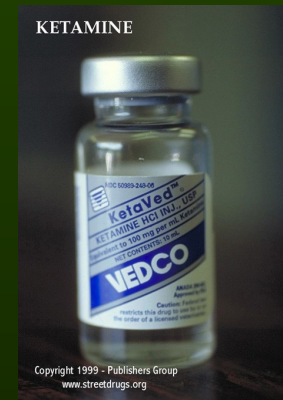
KETAMINE

- ⊕ Ketamine, or ketamine hydrochloride, is a Central Nervous System (CNS) Depressant and a dissociative anesthetic, or a drug that separates perception from sensation.***
- ⊕ Ketamine is used primarily as an anesthetic in veterinary medicine, but is also sometimes used with small children and the elderly.***
- ⊕ Ketamine can be found as a clear white liquid or as a white powder.***

KETAMINE

✦ ***Ketamine can be ingested several different ways:***
Injected □ Snorted □ Smoked □ Orally - In a pill or liquid form

✦ ***Ketamine is also called:***
□ K □ Kit Kat □ Special K □ Super Acid



KETAMINE SIDE EFFECTS

- Chronic Depression
- High Blood Pressure
- Muscle Rigidity
- Respiratory Distress
- Paralysis
- Stroke
- Heart Attack

- Death

□ *“K-Hole”* - Slang for the near- death or out-of-body experience that Ketamine causes.



Ketamine Box (Anesket)

Photo by Jesse & Michael H., © 2001 Erowid.org



OPIATES

- *Opiates are drugs that are derived from the Poppy Plant and are Central Nervous System (CNS) depressants.*
- *The most common opiates are:*
 - *Opium*
 - *Heroin*
 - *Morphine*
 - *Codeine*
- *Opiates are derived from several different poppy species:*
 - *Opium Poppy*
 - *Sinclair Poppy*
 - *Hazel*
 - *Morfe*
 - *H*



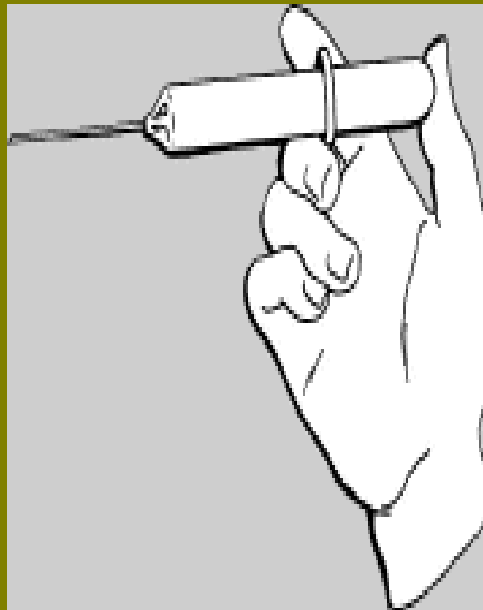
HOW ARE OPIATES CONSUMED?

Snorted -

Because of the high potency of heroin today, more and more users are

snorting the ~~drug.~~
Smoked - The method of choice for opium is smoking the tar like substance.

Other opiates are often smoked on top of marijuana. This is known as "snow capping".



Injected - Injecting opiates, specifically heroin, is still the choice ingestion method. Many addicts choose to inject the drug because of the quick and powerful onset of the effects.

Eaten - All opiates can be consumed orally. Many prescription pain killers on the market today are opiates.

OPIATES SIDE EFFECTS

- ▣ Absence of Stress
- ▣ Nausea/Vomiting
- ▣ Sleepiness
- ▣ Constipation
- ▣ Itchy Skin
- ▣ Impaired Vision
- ▣ Altered Mental Process
- ▣ Collapsed Veins
- ▣ Menstrual Irregularities
- ▣ Loss of Sex Drive
- ▣ Liver Damage
- ▣ Kidney Damage
- ▣ Lung Damage
- ▣ Brain Damage
- ▣ Immune System Damage
- ▣ Overdose/Death



OXYCONTIN

- ***Oxycontin is a synthetic opium derivative that is available by prescription.***
- ***Oxycontin is an extremely potent pain killer that comes in time release tablets that last for up to twelve hours.***

OXYCONTIN

- ***Oxycontin has been linked to over 120 overdose deaths nationwide. In addition to overdose, some***

serious side effects are:

▮ Chestpain

▮ Nausea/Vomiting

▮ Muscle Weakness/Aches

▮ Breathing Difficulties

▮ Fever

▮ Seizures

- ***Oxycontin is also called:***

▮ OCs

▮ XYs

▮ Oxycoffins

▮ Oxycotton



GHB



- ✦ ***GHB, or Gamma Hydroxylbuteric acid, is a central nervous system (CNS) depressant that sometimes causes hallucinations.***
- ✦ ***GHB is usually found as a clear liquid with a slightly salty taste, but can also be found as a small tablet or capsule, all of which dissolve quickly in liquid.***
- ✦ ***GHB usually is sold by capful or teaspoon, also known as a “dose”.***



GHB



▲ ***GHB is also known as:***

▢ Georgia Home Boy

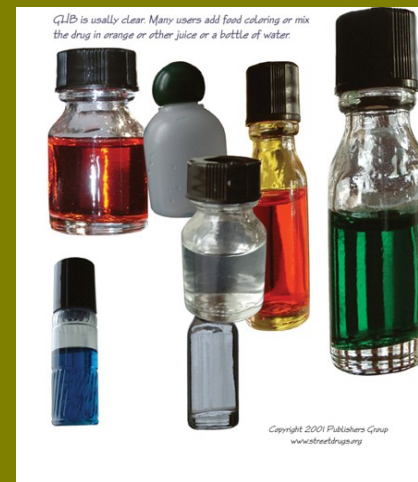
▢ Liquid X

▢ Gamma X

▢ Gook

▢ Fantasy

▢ Grievous Bodily Harm



▲ ***The side effects of GHB depend on the amount consumed and can be felt within one hour of ingestion:***

▢ Dizziness/Nausea

▢ Slurred Speech

▢ Vertigo/Sight Problems

▢ Reduced Inhibitions

▢ Grogginess

▢ Coma/Death



ROHYPNOL



- ***Rohypnol (chemical name - flurizrazepam) is a CNS Depressant that is more than ten times as strong as Valium.***
- ***Rohypnol belongs to the benzodiazepines family, which also includes drugs such as Valium, Librium, and Xanax.***
- ***Rohypnol is known as a “Date Rape Drug” due to its association with sexual assaults.***
- ***Rohypnol is almost always ingested orally in either the pill form or dissolved in a***

ROHYPNOL

- ***Rohypnol is sometimes also called:***

- Forget Me
- Roach
- Roophies Drug
- Rib
- Rope
- Circles

- ***There are several side effects associated with Rohypnol use:***

- ▢ Disinhibition
- ▢ Blackouts (can last 8-24 hours)
- ▢ Slurred Speech
- ▢ Dizziness/Nausea
- ▢ Aggressive Behavior
- ▢ Amnesia
- ▢ Overdose
- ▢ Respiratory Distress
- ▢ Death



Though typically white in color, flunitrazepam pills recently seized in Egypt were of a brownish-pink tint, indicating a counterfeit product.

CNS STIMULANTS - Drugs
that increase the chemical
and electrical activity of the
Central Nervous System
(CNS) and make the user
more alert, active, anxious,
restless and, in general,
more stimulated than
normal.*

* "Uppers, Downers, All Arounders, 3rd Edition",
CNS Productions



AMPHETAMINES



Amphetamines are generally a white or off- white powder that can be ingested orally, snorted, or injected.

The side effects of amphetamine abuse can include:

***Decreased
Appetite***

Body Tremors

***Irregular
Heartbeat***

***Loss of
Coordination***

***Chronic
Psychosis***

Chronic Anxiety

Brain Damage

Coma/Death

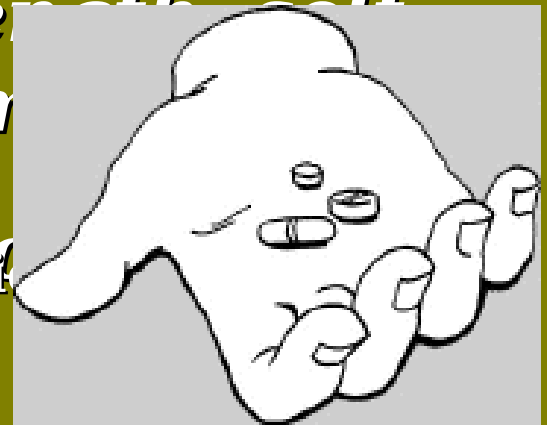
AMPHETAMINES

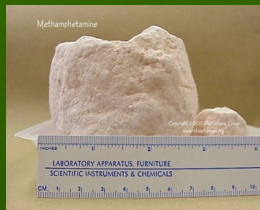
▫ ***Amphetamines are powerful stimulants that increase activity in the Central Nervous System (CNS), or speed up the way the human body works.***

▫ ***Amphetamines are drugs that induce false feelings of power, strength, self-assertion and enhanced motivation.***

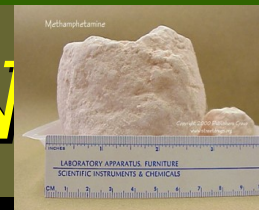
▫ ***Amphetamines are also known as:***

▫ **Speed** ▫ **Jolies** ▫ **Black Beauties**
▫ **Wake Ups** ▫ **Bennies** ▫ **Crystal**





METHAMPHETAMINE



✧ ***Methamphetamine is a powerful, synthetic Central Nervous System (CNS) Stimulant.***

✧ ***Methamphetamine is generally a white or off-white powder that can be ingested several different ways:***

▢ ***Orally - In a pill form***

▢ ***Snorted - This can cause severe damage to the interior and exterior of the nose.***

▢ ***Intravenously - The methamphetamine can be injected into either the blood stream or the muscle tissue***

▢ ***Smoked - Methamphetamine is sometimes smoked by itself or on top of marijuana***

METHAMPHETAMINE

▯ ***Methamphetamine is also known as:***

▯ Ice ▯ Meth ▯ Crystal ▯ Crystal Meth

✧The side effects of methamphetamine are so serious that they can effect the abuser for the rest of their life:

▯ Anxiety/Panic

▯ Birth Defects

▯ Attacks

▯ Chronic

▯ Severe

▯ Depression

▯ Psychological

▯ Kidney

▯ Problems

▯ Disorders

▯ Stroke

▯ Lung Disorders

▯ Death

▯ Immune System

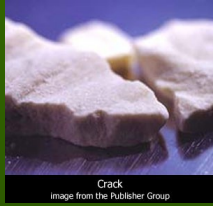
▯ Damage



COCAINE

- ✦ *Cocaine is a bitter, white, odorless, crystalline drug.*
- ✦ *Cocaine is a Schedule II drug and is classified as a CNS stimulant.*
- ✦ *Cocaine is extracted and refined from the Coca Plant, which grows primarily in the Andean South America.*
- Dust • Blow • Candy
- ✦ *Cocaine is also known as*
 - Snow • Crack • Coke





COCAINE



▲ *The side effects of cocaine use can be extremely dangerous:*

▢ Dilated

Pupils

▢ Increased Heart

Rate

Nausea/Vomiting

g

▢ Psychosis

Fear/Paranoia

▢ Kidney

Failure

▢ Seizures

▢ Strokes

Overdose/Death

h

▲ *The level and length of the effects depend on how the drug was induced.*

Onset

Duration

Snorted

1 minute

20-40
Minutes

Injected

1-5
Seconds

15-20
Minutes

HALLUCINOGENS - Drugs
that cause intensified
sensations, mixed-up
sensations (visual input
becomes sound), illusions,
delusions, hallucinations,
stimulation, and impaired
judgment and reasoning*.

* "Uppers, Downers, All Arounders, 3rd Edition",
CNS Productions

LSD

✧ *LSD is hallucinogenic chemical that is derived from a parasitic fungus that grows on rye.*

▣ *LSD is produced as a crystal, then dissolved in alcohol prior to sale and consumption.*

▣ *LSD users describe their experience with the drug as a “trip”.*



Aci



Trips



Hit
s



Blotte
r

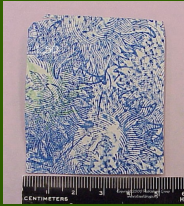
▣ *LSD has become known*



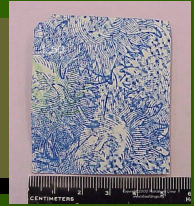
HOW IS LSD CONSUMED?

LSD is generally taken orally, either as a pill, a piece of blotter paper (as seen on right), or via liquid dripped onto a sugar cube. LSD can also be absorbed through the users skin.





LSD SIDE EFFECTS



Physical side of effects of LSD include:

- Dilated Pupils
- Body Tremors

- Extreme Sweating
- Nausea

- Loss of Appetite
- Seizures

Most psychological side effects are due to severe changes to the users

perception, thought, and fusion of Senses (i.e. Vivid Hallucinations)

- Loss of Depth Perception

- Feelings of fear and anxiety - “BAD TRIPS”

- Seeing Music and Hearing Colors)
- Distorted Perception of Time

- True Hallucinations



MUSHROOMS



- ▯ *Mushrooms that contain PSILOCYBIN are known as 'magic mushrooms' as they contain hallucinogenic properties.*
- ▯ *Magic mushrooms have been used by several cultures to induce altered states of consciousness during their religious rituals.*
- ▯ *Mushrooms can be consumed in a variety of manners:*
 - ✧ ***Eaten** - Either raw or cooked, much like non-hallucinogenic mushrooms.*
 - ▯ ***Drank** - Heated with water to make a tea or soup.*

MUSHROOMS

The side effects of Mushrooms vary greatly depending upon the strength and purity of the fungus:

➤ *Stomach Pains*

➤ *Mental Disorders*

➤ *Increased Heart Rate*

➤ *Anxiety/Panic Attacks*

➤ *Nausea/Vomiting*

➤ *Flashbacks*

➤ *Diarrhea*

➤ *Impaired Judgement*



PCP

▮ ***PCP is classified as a hallucinogen and a dissociative anesthetic, or drug that separates perception from sensation.***

▮ ***PCP comes in several forms***

- ***Crystalline Powder***
- ***Colored Powder***
- ***Diluted in Water***
- ***Pills***
- ***Capsules***

▮ ***PCP is also known as:***

- | | |
|-----------------------|-----------------------|
| ➤ <i>Angel</i> | ➤ <i>Sherm</i> |
| <i>Dust</i> | |
| ➤ <i>Boat</i> | ➤ <i>Dust</i> |



PCP

PCP can be ingested several ways:

- ***Orally - In liquid or pill form***
- ***Smoked***
- ***Snorted***
- ***Injected***



PCP has been known to be used in combination with other substances:

- ***LSD - “Super Tripping”***
- ***Marijuana - “Killer Weed” or “Boat”***
- ***Tobacco - “Sherms”, usually with menthol cigarettes to sooth the burning of the hot PCP smoke.***
- ***Mint/Parsley - “Green”***



PCP SIDE EFFECTS



The side effects of PCP use can cause serious long term damage to the human body:

- Irregular Heart Rate
- Nausea/Vomiting
- Loss of Reflexes
- Chronic Psychosis
- Kidney Failure
- Brain Hemorrhaging
- Schizophrenia
- Coma
- Death

Cigarette with PCP in Formaldehyde



MIND ALTERING DRUGS -

Drugs that cannot be classified into any single category. Mind altering drugs can contain CNS depressant, CNS stimulant, and/or hallucinogenic

* "Uppers, Downers, All Arounders, 3rd Edition",
CNS Productions

properties*.



THC



- ***THC (Marijuana) is the MOST ABUSED illicit drug in the United States Army and is considered to be a “Gateway Drug”.***
- ***Delta 9 - Tetrahydrocannabinol (THC) is the active ingredient that causes the “high”.***
- ***THC is psychologically addictive - abuse and addiction is frequently denied.***
- ***Marijuana is a psychoactive or mind altering drug.***
 - ***Psychoactive drugs can produce a mind state similar to psychosis.***

THC (THREE BASIC FORMS)

- ✦ ***Marijuana*** - Made from the leaves, flowers or stems of the hemp plant.
- ✦ ***Hash/Hashish*** - Concentrated form of marijuana by compressing marijuana resins into small blocks.
- ✦ ***Hash Oil*** - Made by soaking marijuana in a chemical solvent (such as rubbing alcohol) and then evaporating the solvent to obtain an oil concentrate.



THC

- ***THC is also called:***

▯ Weed ▯ Grass ▯ Dope ▯
▯ ▯ Joints ▯ Tar ▯ **Green**
Blunts ▯ **Bud**

- ***THC is associated with many side***



▯ Short Term Memory	▯ Paranoia	▯ Loss of Sexual Drive
▯ Loss ▯ Dry Mouth/Throat	▯ Hallucinations	▯ Bronchitis
▯ Sleepiness	▯ Panic Attacks	▯ Lung Cancer
▯ Increased Heart Rate	▯ Psychosis	▯ Brain Damage

INHALANTS

- ***Inhalants are breathable chemical vapors that produce mind altering effects.***
- ***Inhalants are often abused because they are readily available, inexpensive, and can be found almost anywhere.***
- ***There are three different types of inhalants:***

▮ ***Solvents***

▮ ***Gases***

▮ ***Nitrites***



HOW ARE INHALANTS INGESTED?

¥ ***Inhalants are ingested into the body by breathing in the vapors of the product. Several methods of inhalation are used by abusers:***



Use of a Bag - The bag is filled with the vapors and the user breathes air from the bag. Sometimes users will put their entire head into the bag.

Use of a Rag - The rag is soaked in the product and the user presses the rag over his/her mouth and nose.

➤ ***Pressurized Containers*** - Some abusers will inhale the product directly from the container.

INHALANTS

□ ***Many of the products that are abused are everyday household items:***

□ Glue/Rubber Cement

□ White-out

□ Aerosols/Hair Spray

□ Toxic Markers

□ Gasoline/Propane

□ Room Odorizers

□ ***Use of inhalants can cause serious long term damage to the***

body:
□ Sight/Vision Disorders

□ Liver Damage

□ Kidney Damage

□ Bone Marrow Damage

□ Brain Damage

□ Paralysis/Death



PERFORMANCE ENHANCING
DRUGS - *Energy producing drugs that are thought to possess various capabilities to boost an athlete's performance by giving them a competitive edge*.*

* "Uppers, Downers, All Arounders, 3rd Edition",
CNS Productions

ANABOLIC-ANDROGENIC STEROIDS

▮ Anabolic Steroids are synthetic drugs that relate to the male sex hormones, or androgens.

▮ Anabolic-androgenic Steroids are more commonly known as “Anabolic Steroids”.

ANABOLIC-ANDROGENIC STERIODS

Anabolic Steroids Effect the Human Body in Two Major Areas:

- 1) The anabolic effects of the drugs promote the growth of skeletal muscle.***
- 2) The androgenic effects of the drugs promote the development of male sexual characteristics.***



HOW ARE THEY EN?

Anabolic Steroids can be ingested in a variety of ways:

1) Orally - In a pill or liquid form.

2) Intravenously - Injected with the use of a hypodermic needle.

3) Rubbed onto the skin with the steroid in a gel or cream form.

******Some steroid users mix different types and amounts of these drugs to increase the effects. This is call "Stacking".******

STEROIDS SIDE EFFECTS

- ▣ Baldness
- ▣ Sterility
- ▣ Brain Damage
- ▣ Blood Clotting
- ▣ High Blood Pressure
- ▣ Liver Cancer
- ▣ Hepatitis
- ▣ Eye Infections
- ▣ Kidney Disease
- ▣ Chronic Depression
- ▣ Loss of Memory
- ▣ Loss of Interest
- ▣ *“Roid Rage” - An over aggressive, and sometimes homicidal, attitude associated with steroid use*

QUIZ??? True or False?

- The most abused drug is alcohol. _____
- Barbiturates affect the Central Nervous System, causing drowsiness. _____
- Barbiturates are prescribed to treat epilepsy. _____
- Anabolic Steroids can cause "Roid Rage" - An over aggressive, and sometimes homicidal, attitude.
- There are three different types of inhalants: solvents; gases; nitrates. _____
- Alcohol is considered to be a gateway drug to other drug use. _____
- "K-Hole" is, Slang for the near-death or out-of-body experience that Ketamine causes. _____
- The most common opiates are: Opium; Heroin; Morphine; Codeine. _____
- THC (Marijuana) is the most abused illicit drug in the United States and is
- considered to be a "Gateway Drug". _____
- Oxycontin is prescribed to cancer patients and chronic pain suffers to help in managing pain. _____
- LSD has become known as: Acid; Trips; Hits; Blotter. _____
- Cocaine is a bitter, white, odorless, crystalline drug. _____
- PCP is a hallucinogen and a dissociative anesthetic, known as: Angel Dust; Boat; Sherm; or Dust. _____
- Amphetamines are drugs that induce false feelings of power, strength, self-assertion and enhanced motivation. _____



UNITED STATES ARMY CENTER FOR SUBSTANCE ABUSE PROGRAMS



**For more Information Contact:
ACSAP**

E-mail: upl.acsap@usadaoa-emh1.army.mil

Fort Knox Resources

- Army Community Services 4-6291
- Behavioral Medicine Clinic 4-9960
- Employee Assistance Program 4-1532
- Family Life Ministry Center 4-5225/5949
- Provost Marshall's Office 911/4-2111
- Staff Judge Advocate 4-1255
- Substance Abuse Clinic 4-0321
- Union Office 4-4624
- For information on area resources contact the Substance Abuse Prevention Program at 4-1532.

Quiz Answers.

- All are true.
- Thank you for your time and participation.
- If you have any questions or want more information please call, 624-1532
- Let's all promote a Drug Free Workplace.